

Demonstrate the use of basic rope systems for top rope rock climbing and abseiling

Level 2

Credits 3

Purpose People credited with this unit standard are able to: demonstrate the care and use of rock climbing gear; demonstrate belay and knot skills on top rope climbs; and complete self-protected abseils.

Subfield Outdoor Recreation

Domain Rock Climbing

Status Registered

Status date 27 October 2006

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Entry information Open.

Replacement information This unit standard replaced unit standard 445.

Accreditation Evaluation of documentation by NZQA and industry.

Standard setting body (SSB) Sport, Fitness and Recreation Industry Training Organisation – Outdoor Recreation

Accreditation and Moderation Action Plan (AMAP) reference 0102

This AMAP can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Special notes

- 1 Assessment against this unit standard may take place either indoors or outdoors.
- 2 All activities must comply with any relevant environmental, legislative and/or regulatory requirements set out in the *New Zealand Environmental Care Code*, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, and their subsequent amendments. The *New Zealand Environmental Care Code* is available from the Department of Conservation, Head Office, PO Box 10420, Wellington or from <http://www.doc.govt.nz>.

- 3 There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Sfrito website <http://www.sfrito.org.nz>.
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Elements and performance criteria

Element 1

Demonstrate the care and use of rock climbing gear.

Performance criteria

- 1.1 The types, properties, use, and limitations of ropes are described and appropriate care is demonstrated.
- 1.2 The use and limitations of harnesses are described and appropriate care is demonstrated.
- 1.3 Harnesses, helmets, and karabiners are used correctly.

Element 2

Demonstrate belay and knot skills on top rope climbs.

Performance criteria

- 2.1 Climber is tied in using an appropriate knot.
- Range knots must include but are not limited to – re-threaded figure-eight, on-bight figure-eight.
- 2.2 Safety checks are carried out prior to the climb.
- 2.3 Climbing calls are used with the climbing partner.
- 2.4 Focus is maintained on the climber.
- 2.5 The climber is belayed safely.
- Range must include but is not limited to – belay plates.
- 2.6 The climber is lowered in a controlled manner.

Element 3

Complete self-protected abseils.

Range retrievable and non-retrievable rope.

Performance criteria

3.1 Common hazards of abseiling are identified.

Range hazards must include but are not limited to – anchor failure, falling off the cliff before attaching to rope, clothing or hair jam, not identifying the end of a rope, rock fall, lark's foot of a figure-eight.

3.2 A self-protected abseil is demonstrated.

Range must include but is not limited to – Prussik.

3.3 Abseil techniques are appropriate to the abseil.

Please note

Providers must be accredited by the Qualifications Authority, or an inter-institutional body with delegated authority for quality assurance, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the Sport, Fitness and Recreation Industry Training Organisation Limited info@sfrito.org.nz if you wish to suggest changes to the content of this unit standard.